

# **Washington State Functional Family Therapy Project Dissemination and Fidelity Standards For Therapists**

**Updated 8-4-11**

## **Caseload Size:** Minimum of 5

- Part time therapists must maintain average caseload sizes of 5-6 families
- 10-12 if full time

## **FFT Sessions:**

### **Goals:**

- Average time to first session should be less than one week from referral date.
- Average number of sessions should be no less than 8 and no more than 24.
- Average time to close cases should be no less than 2 months and no more than 6 months

## **Percent Completed:**

### **Goals:**

- 70% successful completion rate during first year of training and consultation. (Increase severity of cases may take longer to hit this mark, prevention, less severe cases may have a higher rate)
- 80% for subsequent years

## **Dissemination Adherence**

All therapists will maintain consistent CSS usage and entry of all required FFT documentation:

- Assessments within 48 hours of session
- Contact notes within 48 hours of session
- Session progress notes within 48 hours of session
- FSR/TSR within 48 hours of session

## **Attendance on 1 hour Consultation calls weekly:**

11 expected per quarter (44 for year)

## **Therapist Fidelity Ratings:**

- Quarterly Global Therapist ratings:
  - Expectation of 4 in dissemination adherence and 3 for fidelity. Note: During the first year for a therapist the expectation would be that the average ratings would be less than three